


FOOD FOR THOUGHT



MEDICAL DEPARTMENT
USS FRANKLIN D. ROOSEVELT
CVA-42



EDWARD F. NEY
MEMORIAL AWARD
PRESENTED TO
U.S.S. FRANKLIN D. ROOSEVELT
CVA 42
THE OUTSTANDING U.S. NAVY
GENERAL MESS AFLOAT
IN 1958

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To this frequent chant

"Honest doc, I can't see why I keep
gaining weight, I only eat about one
meal a day--and never any potatoes
or desserts etc..."

This phrase would apply

'PARC DLO ERUP'

GRATEFUL ACKNOWLEDGEMENT

This profound volume was inspired by my corpulent fellow officers and shipmates who remain anonymous only to themselves, they think. They, like myself, fall prey to the caloric trauma of our bountiful mess as the sincere intent of needy weight loss itself is lost. Oh belly, where is thy button!!!

This reference can be a help. At least it will remind you that can't blame everything on a poor potato.

January 1959

Oscar Gray, Jr.
Medical Officer
USS FDR CVA-42



The following table is taken from the manual of the Medical Department. Refer to it to see where you stand. The desired weight should not exceed the standard weight by more than 20 pounds. A person obviously active, of firm musculature and large bone structure, and evidently vigorous and healthy will be near the maximum figure which is acceptable from the Medical Department's standpoint.

As a rule, if a diet is to be successful, the person dieting must be supervised, for very few of those who really need to loose weight have the will power to accomplish it on their own. This, you are encouraged to disprove.

Table No. 1. Standards for male officers and enlisted men

Height (inches)	Weight according to age and height																		
	17-20			21-25			26-30			31-35		36-40		41-45		46-50		51-64	
	Min- imum	Stand- ard	Maxi- mum	Min- imum	Stand- ard	Maxi- mum	Min- imum	Stand- ard	Maxi- mum	Stand- ard	Maxi- mum	Stand- ard	Maxi- mum	Stand- ard	Maxi- mum	Stand- ard	Maxi- mum	Stand- ard	Maxi- mum
60.....	105	117	146	108	120	150	110	122	153	125	157	128	160	131	164	133	166	135	169
61.....	107	119	149	110	122	153	112	124	155	127	159	130	163	133	166	135	169	137	171
62.....	109	121	151	112	124	155	113	126	158	129	161	132	165	135	169	137	171	139	174
63.....	111	124	155	113	126	158	115	128	160	131	164	134	168	137	171	139	174	141	176
64.....	113	127	159	115	128	160	118	131	164	134	168	137	171	140	175	142	178	144	180
65.....	115	130	163	119	132	165	121	135	169	138	173	141	176	144	180	146	183	148	185
66.....	117	133	166	122	136	170	125	139	174	142	178	145	181	148	185	150	188	152	190
67.....	121	137	171	126	140	175	129	143	179	146	183	149	186	152	190	154	193	156	195
68.....	125	141	176	130	144	180	132	147	184	150	188	153	191	156	195	158	198	160	200
69.....	129	145	181	133	148	185	136	151	189	154	193	157	196	160	200	162	203	164	205
70.....	133	149	186	137	152	190	139	155	194	158	198	161	201	164	205	166	208	168	210
71.....	137	153	191	140	156	195	143	159	199	162	203	165	206	168	210	170	213	172	215
72.....	141	157	196	145	161	201	148	164	205	167	209	170	213	173	216	175	219	177	221
73.....	145	161	201	149	166	208	152	169	211	172	215	175	219	178	223	180	225	182	228
74.....	149	165	206	154	171	214	157	174	218	177	221	180	225	183	229	185	231	187	234
75.....	153	169	211	158	176	220	161	179	224	182	228	185	231	188	235	190	238	192	240
76.....	157	173	216	163	181	226	166	184	230	187	234	190	238	193	241	195	244	197	246
77.....	161	177	221	167	186	232	170	189	236	192	240	195	244	198	248	200	250	202	253
78.....	165	181	226	172	191	239	175	194	242	197	246	200	250	203	254	205	256	207	259

In ninety nine cases out of the proverbial hundred, overweight is caused by the old 'hand-to-mouth' syndrome. WE EAT TOO MUCH. You can only diet if you try it. The following facts can serve as a guide to fit your particular desire or need.

For a diet to be effective, yet not harmful, we must strive to effect a loss in weight through a diet that is low in calories but adequate in essential nutrients. This is achieved by eliminating some of the cereals (rice and corn products especially); sugar and cream from our normal diet and adding the liberal use of boiled vegetables which are low in starchy carbohydrates. Unnecessary fats may be eliminated by the use of broiled, lean meat.

A strict reducing diet should NEVER include the following: fried foods, fats or oils, sugar, cream, fat meat, high carbohydrate vegetables or fruit (potatoes, beans, peas, bananas, figs), gravy, sweets, nuts, sweetened or 'spiked' beverages.

The average man, aboard ship, will loose weight on a diet having 1200 calories per day. The more active a person, the greater his metabolism, and the more energy he burns up, therefore an active person requires more caloric intake. For instance, a plane pusher burns up more calories than a yeoman. A man working in the fire room uses up more calories than a person working in an air conditioned space. This group of people, who needs more calories but who also need a reducing diet, should allow for an extra twenty five per cent calorie intake, when figuring their daily diet.

If you start on a diet remember that a sudden reduction in food intake by starting on a very low calorie diet is a hard thing to stick to. A gradual adoption of eating less is recommended. Big eaters should start at 1600 calories per day and gradually work down to the desired level of calories intake, over a scheduled period.

The following is an example of food items, available for meals or as snacks. that have startling calorie content and should be recognized whenever an opportunity to "chow down", presents itself. By consulting this list and noting the calorie values, you can fit a diet to your own particular need.

Example;

Breakfast	Lunch	Supper	Total for the Day
200	300	400	900 calories
350	350	500	1200 calories

etc.....

Once you have figured out your daily need and have divided that ration of calories into breakfast - lunch - supper, you must remain on your diet until weight loss is experienced. The habit of over eating is often overcome or at least curbed with the strict practice of a diet for 3 or 4 weeks. When you decide to stop the diet, you will have less desire to seek an extra chunk of ice cream or pie, therefore you can stabilize your weight at a figure lower than when you started.

CALORIE VALUES OF BEVERAGES AND SNACK FOODS¹

FOOD	WEIGHT, GM.	APPROXIMATE MEASURE	CALORIES
<i>Beverages</i>			
Carbonated	170	1 bottle, 6 ounces	80
Chocolate malted milk shake ²	365	1 regular (1½ cups)	500
Chocolate milk	250	1 cup	240
Cocoa	200	1 cup	190
Soda, vanilla ice cream		1 regular	260
<i>Beverages, alcoholic</i>			
Beer	360	1 bottle, 12 ounces	170
Brandy or gin ²	43	1 jigger	105
Liqueurs (average) ²	20	1 cordial glass	65
Martini ²		1 cocktail glass	145
Manhattan ²		1 cocktail glass	165
Rum ²	43	1 jigger	105
Whiskey ²	43	1 jigger	105
Wine, port ²	100	1 wine glass	160
Wine, sauterne ²	100	1 wine glass	85
<i>Cake</i>			
Angel food	40	2-inch sector	110
Cupcake, iced	50	1 cake, 2½ inches in diameter	160
Fruit cake	30	1 piece, 2 by 2 by ½ inch	105
<i>Candy</i>			
Butterscotch	15	3 pieces	60
Candy bar, average	57	1 bar	270
Caramels	30	3 medium *	120
Chocolate creams	30	2 average	110
Fudge	30	1 piece	115
Peanut brittle	30	1 ounce	125
<i>Cheese</i>			
Camembert	30	1 ounce	85
Cheddar	30	1 ounce	115
Cream	30	1 ounce	105
<i>Cookies</i>			
Brownies ²	30	1 piece, 2 by 2 by ¼ inch	140
Cookies, assorted	25	1 cookie, 3 inches in diameter	110
<i>Crackers</i>			
Cheese ²	18	5 crackers	85
Graham	14	2 medium	55
Saltines	16	4 crackers	70
Rye	13	2 crackers	45
<i>Cream puff and doughnuts</i>			
Cream puff ²	105	1 average	295
Doughnut, cake type, plain	32	1 average	135
Doughnut, jelly	65	1 average	225
Doughnut, raised	30	1 average	120
<i>Fruits</i>			
Apple	150	1 medium, 2½ inches in diameter	75
Banana	100	1 medium, 6 by 1½ inches	90
Grapes, European type	160	40 grapes	105
Orange	155	1 medium, 3 inches in diameter	70
<i>Miscellaneous</i>			
Hamburger and bun ²	96	1 average	330
Ice cream, vanilla	71	½ quart or ½ cup	145
Sherbet	96	½ cup	120
Jams, jellies, marmalades, preserves	20	1 rounded teaspoon	55
Sirup, blended	82	¼ cup	235
Waffles	75	1 waffle, 4½ by 5½ by ½ inch	215

CALORIE VALUES OF BEVERAGES AND SNACK FOODS¹ (Continued)

FOOD	WEIGHT, GM.	APPROXIMATE MEASURE	CALORIES
<i>Nuts</i>			
Mixed, shelled ²	15	8-12	95
Peanut butter	16	1 tablespoon	90
Peanuts, shelled	15	15-17	85
<i>Pie</i>			
Apple	135	4-inch sector	330
Custard	130	4-inch sector	265
Lemon meringue	120	4-inch sector	300
Mince	135	4-inch sector	340
Pumpkin	130	4-inch sector	265
<i>Popcorn and potato chips</i>			
Popcorn, unbuttered	14	1 cup	55
Potato chips	20	10 chips, 2 inches in diameter	110
<i>Sandwiches</i>			
Bacon, lettuce, tomato ²	148	1 sandwich	280
Egg salad ²	138	1 sandwich	280
Ham ²	81	1 sandwich	280
Liverwurst ²	91	1 sandwich	250
Peanut butter	83	1 sandwich	330
<i>Soups, commercial canned</i>			
Bean	250	1 cup	190
Beef	250	1 cup	100
Chicken	250	1 cup	75
Cream	255	1 cup	200
Tomato	245	1 cup	90
Vegetable	250	1 cup	80

APPROXIMATE COMPOSITION OF FOOD*

ALPHABETICAL LIST USED IN CALCULATION OF MENUS

	APPROXIMATE MEASURE†	CALO- RIES
Applesauce, canned, sweetened	$\frac{1}{2}$ cup, scant	72
Bacon, cooked	2-3 strips 4-5 strips	607 91 152
Banana	1 medium $\frac{1}{2}$ medium	88 53
Beef roast, medium fat, cooked:		245
	1 $\frac{1}{2}$ ounces	123
	2 ounces	145
	2 $\frac{1}{2}$ ounces	184
	3 ounces	221
	4 ounces	294
Lean, cooked§		125
	2 ounces	87
	4 ounces	174
Beef pattie, medium fat, cooked:		245
	2 ounces	147
	3 ounces	219
Lean, cooked§		145
ets, cooked		41
Purée	$\frac{1}{2}$ cup $\frac{1}{4}$ cup	31 17
Bread, aerated		401
Melba toast¶	3 thin slices	29
White	1 slice	69
		275
	1 slice	69
	2 slices	138
White, toasted		275
	1 slice	69
Whole-wheat	2 slices	138
		240
	1 slice	60
	2 slices	120
	3 slices	180
	1 thin slice	48
Whole-wheat, toasted		240
	1 slice	60
	2 slices	120
	1 thin slice	48
Butter		716
	1 square	50
	2 teaspoons	72
Cabbage, cooked #	$\frac{3}{4}$ cup $\frac{1}{2}$ cup	24 18
Candy, hard		383

APPROXIMATE COMPOSITION OF FOOD*

ALPHABETICAL LIST USED IN CALCULATION OF MENUS

Carrots, raw
Celery, raw
Cereal, whole-meal, dry
Chocolate-malted milk**
Chocolate pudding††
Cottage cheese, cream style‡‡
Dry
Corn, canned
Crackers, saltines
Crackers, soda
Cream, 20 per cent
40 per cent**
Custard
Egg, poached
Egg, soft cooked
Eggnog
Eggwhite
Farina, dry enriched
French dressing
Gelatin dessert
Glucose

APPROXIMATE MEASURE†	CALO- RIES
2-3 sticks	42
3-4 sticks	11
	13
3-4 sticks	18
5-6 sticks	5
	9
$\frac{1}{2}$ cup (cooked)	344
$\frac{1}{3}$ cup (cooked)	52
	69
1 cup, scant	250
$\frac{1}{2}$ cup, scant	152
2 heaping tablespoons	107
	75
2 heaping tablespoons	95
	67
$\frac{3}{4}$ cup	85
4 single	431
	73
	420
2 tablespoons	204
3 tablespoons	61
$\frac{1}{2}$ cup	102
$\frac{1}{4}$ cup	153
$\frac{1}{2}$ cup, scant	244
	368
$\frac{1}{2}$ cup, scant	114
2	154
1	77
2	154
1	77
1 cup, scant	218
1	15
$\frac{1}{2}$ cup (cooked)	370
$\frac{1}{3}$ cup (cooked)	56
	74
1 tablespoon	394
	59
$\frac{1}{2}$ cup, scant	65
	385

APPROXIMATE COMPOSITION OF FOOD*

ALPHABETICAL LIST USED IN CALCULATION OF MENUS

	APPROXIMATE MEASURE†	CALO- RIES
Grapefruit	$\frac{1}{2}$ medium	40
Juice, canned unsweetened	$\frac{1}{2}$ medium	50
	$\frac{1}{2}$ cup, scant	38
Gravy**	$\frac{1}{2}$ cup	38
Green string beans, canned	$\frac{3}{4}$ cup	22
	$\frac{1}{2}$ cup	11
	$\frac{1}{4}$ cup	17
Purée	$\frac{1}{2}$ cup	11
Ham, medium fat, cooked‡		245
	1½ ounces	123
	2 ounces	145
	2½ ounces	184
	3 ounces	221
	4 ounces	294
Honey, strained		294
Ice cream, vanilla		207
	$\frac{1}{2}$ cup	145
Jelly		265
	1 rounded teaspoon	53
Lamb, leg, roast, medium fat‡		245
Lettuce, head		15
Leaf	3 leaves	5
		15
	2 leaves	3
Liver sausage	2 ounces	158
Mayonnaise		708
	1 tablespoon	106
Milk, dry lanolac§§		500
Dry protein§§	8 tablespoons	300
		510
Dry skim	10½ tablespoons, packed	459
		362
	4 tablespoons	109
	8 tablespoons	217
Skim		36
	$\frac{1}{2}$ pint	86
	1 pint	173
	1 quart	346
		68
Whole	$\frac{1}{2}$ pint	163
	1 pint	326
	$\frac{3}{4}$ quart	490
	1 quart	653

APPROXIMATE COMPOSITION OF FOOD*

ALPHABETICAL LIST USED IN CALCULATION OF MENUS

	APPROXIMATE MEASURE†	CALO- RIES
Molasses, second extraction		232
Noodles, enriched, cooked	$\frac{1}{2}$ cup $\frac{1}{3}$ cup	67 50
Oatmeal, dry	$\frac{1}{2}$ cup (cooked)	390 59
Orange	1 medium 1 medium $\frac{1}{2}$ cup, scant 4 tablespoons $\frac{1}{2}$ cup	45 56 44 26 56
Juice, fresh		
Peach, canned, sweetened	one half 2 halves $\frac{1}{2}$ cup	68 51 27 60
Canned, water-packed Purée		
Pear, canned, sweetened	one half	68 51
Canned, water-packed Purée	2 halves $\frac{1}{2}$ cup	31 39 51
Peas, canned	$\frac{1}{2}$ cup	91
Pineapple juice	$\frac{1}{2}$ cup, scant 1 cup, scant	49 98
Potato, baked Boiled Mashed, milk added	1 medium 1 medium $\frac{1}{2}$ cup	98 83 81
Puffed wheat	1 cup	355 53
Prunes, cooked, sugar added	3-4	165
Rice, cooked	$\frac{1}{2}$ cup	119
Sherbet	$\frac{1}{2}$ cup	123 86
Soup, cream of pea** Cream of potato**	$\frac{1}{2}$ cup $\frac{1}{2}$ cup	64 71
Soybean muffins**	1 muffin	61
Spinach, cooked	$\frac{1}{2}$ cup $\frac{1}{2}$ cup	26 20
Sugar, brown	1 tablespoon	370 56
Granulated	1 tablespoon	385 58
Tomato, raw	$\frac{1}{2}$ medium $\frac{1}{2}$ medium $\frac{1}{2}$ cup, scant $\frac{1}{2}$ cup, scant	20 15 19 21



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Permission to use the listings of food calorie values from the MAYO CLINIC DIET MANUAL was kindly granted by the MAYO CLINIC, ROCHESTER, MINNESOTA and the W.B. SAUNDERS CO. Publishers, PHILADELPHIA, PENNSYLVANIA.

Menu

PRINCESS SOUP-CROUTONS SALTINES
ROAST TOM TURKEY

CORNBREAD DRESSING
GLAZED HAM
PINEAPPLE RASIN SAUCE
CANDIED YAMS WITH MARSHMALLOW TOPPING
BUTTERED LIMA BEANS
BUTTERED PIMENTO PEAS



HOT PARKER HOUSE ROLLS
ASSORTED BREADS
BUTTER

MINCEMEAT PIE
FRUIT CAKE
ASSORTED CHRISTMAS COOKIES
ASSORTED ICE CREAM
HARD CANDY
ASSORTED NUTS
HOT COFFEE
FRESH MILK